

Prices and Packages

The programmes you offer have the flexibility to be structured in any way and at any price. The only factor to bear in mind is the limit of **3 structured exercise sessions per week**. Here are some sample packages to give you ideas:

Package 1 1-1 consultation every 12 weeks 2 boot camp sessions per week \$2,340 per annum	Package 2 1-1 consultation every 6 weeks 1 x gym visit per week 1 x grp class per week \$1,559 per annum	Package 3 1-1 consultation every 12 weeks 1 x PT session per week 2 x gym visits per week \$3,549 per annum	Package 4 1-1 consultation at start and finish 12 week boot camp (3 sessions per week) \$399 per boot camp	Package 5 1-1 consultation every 6 weeks 2 PT sessions per week 1 x yoga class per week \$4,999 per annum
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